

## **BAFHT Mental Health Program Explanation of Services**

The role of BAFHT Mental Health Counsellors (Registered Social Workers and Registered Psychotherapists) is to support individuals to meet their personal goals and enhance their mental health and wellbeing. We offer brief counselling services (up to 8 sessions) to adults, youth, and children with mild to moderate mental health concerns, as well as System Navigation support. This handout provides a brief explanation of each.

### **Reason for Referral: Anxiety, depression, and management of situational stressors**

The Mental Health Counsellor will complete an assessment to learn about your situation, understand your goals, and work together with you to develop a counselling plan. If during the assessment it is determined that the brief therapy model that we offer is not appropriate for your needs, or the reason for your referral is outside of our scope of practice, the counsellor will recommend alternate service options.

Patients can expect a 45-minute in-office, video, or phone initial appointment, followed by up to seven follow-up appointments that generally occur over two-three months.

### **Reason for Referral: System Navigation**

The Mental Health Counsellor will meet with you to learn about your situation and identify opportunities for support. They will provide information and help facilitate access to social programs and resources that could help improve your circumstances (i.e. supported housing, food security, transportation). Please note that our counsellors do not complete forms (i.e. ODSP).

Patients can expect a 45-minute in-office, video, or phone initial appointment, followed by up to four follow-up appointments that generally occur over two to three months.

### **Preparing for your appointment with the BAFHT Mental Health Counsellor:**

After a referral is made by your primary care provider, a BAFHT administrative staff member will attempt to contact you within seven days to schedule a 30-minute phone intake appointment with a Mental Health Counsellor. At the intake appointment, you will be asked questions to assess your needs and pair you with the counsellor that best aligns with these. Your initial appointment will be scheduled during this call. Due to wait times, the initial appointment is generally scheduled four to six weeks after the intake appointment, however, this may vary depending on demand and availability.

You will be sent a Service Agreement via mail or secure e-mail to be read, signed, and returned prior to your initial appointment. If you have questions regarding the agreement, they can be reviewed with the counsellor at your initial appointment.